

# FREE CLASS:

*Diets Stopped Working?*

## 3 REALISTIC SOLUTIONS TO GET UNSTUCK



*Hi! I'm Betsy Markle, 🙌  
Founder of Sunshine Wellness!*

As a Registered Dietitian & Health Coach (with 20+ years experience), I am excited to help you create a strategic plan to heal your metabolism so you can lose weight naturally, revive energy, and minimize inflammation.

Not sure where to start?... I teach a free, virtual Nutrition Class twice a month.

*FREE Prize Bundle 🎁*

Just for coming to my class, you receive:

- Recipe Book of quick balanced breakfasts
- Packable snack list for on-the-go
- My top-rated protein bars chart.

**REGISTER  
FOR CLASS**

